



The depot color guard and Marine Band San Diego participated in this year's Coronado Independence Day Parade in Coronado, Calif., July 4. Brigadier Gen. Angie Salinas, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, served as the grand marshal for the parade. Lance Cpl. Shawn Dickens/Chevron



Lt. Col. Melony Mercan, left, incoming commanding officer for Support Battalion, and Lt. Col. Ira Cheatham, outgoing commander, look on as the battalion prepares to pass in review during the Support Battalion Change of Command Ceremony June 27, at Shepherd Memorial Drill Field. Cheatham will assume duty as officer-in-charge, communications, Marine Corps Base Camp Lejeune, N.C. Lance Cpl. Shawn Dickens/Chevron

Depot takes action in water conservation

BY CPL. CARRIE C. RUIZ
Chevron staff

Last year was a historically dry year throughout the western United States. Because San Diego imports more than 85 percent of its water it is very important to conserve every precious drop.

On January 1, farmers faced a mandatory reduction in water use to 70 percent of the amount used during the previous year to prevent another drought on the Colorado River. San Diego has also curtailed nonessential water deliveries and is now making a public call for voluntary conservation.

Marine Corps Recruit Depot San Diego has answered that call, and is now taking preventative measures to lessen the amount of water that is used on the depot.

The executive order for strengthening federal environmental, energy, and transportation management requires the water reduction of 2 percent per year through 2015.

"Facilities Maintenance is committed to achieving the mandated water reduction goals by implementing the best water management practices in all new construction, renovations and contracting," said Richard Hatcher, engineering technician, facilities maintenance.

Hatcher said that the depot is now requiring the installation of ultra-low

flow shower heads, low flow toilets and urinals and metered faucets on all projects.

Last fiscal year, the base used 275,731 gallons of water. To reduce the amount used, the base installed 10,000 sq. feet of synthetic turf in front of Building 31. By replacing that small amount of grass, the depot is estimated to save 357 gallons per year, Hatcher said.

Another 10,000 sq. feet of synthetic turf is scheduled to be installed at the depot's Child Care Center later this month.

Hatcher said that another way the depot is taking action is by limiting the hours of irrigation systems operations from 6 p.m. to 8 a.m. Previously, the sprinklers ran until 10 a.m. In addition, all newly installed landscaping will be drought-tolerant plants. These heat- and drought-tolerant varieties can survive on natural rainfall.

According to www.h2ouse.org, watering the lawn between midnight and 6 a.m., reduces the amount of evaporation and therefore saves a substantial amount of water on landscaping.

Depot personnel can help with water conservation every day in their homes and at work. Hundreds of gallons of water can be saved a week by fixing leaky faucets, washing only full loads of laundry and dishes, shortening showers, and watering the lawn less often.



In an effort to conserve water, some trees were removed from the back of Pendleton Hall, the commanding general's building, and the grass was replaced with artificial turf. This will save 357 gallons of water per year. Photo courtesy of Richard Hatcher/Facilities Maintenance



Beatin' the heat

Depot Swim Tank offers workouts away from the summer's heat.



Sound off 1, 2, 3, 4!

Company F recruits hike the depot.

4

Recruit Spotlight

Recruit escapes war as child, finds new family with Corps

6

Volunteer Recognition Ceremony

Brigadier Gen. Angie Salinas, commanding general of Marine Corps Recruit Depot San Diego and the Western Recruiting Region, gives an award to Art Anderson for rendering more than 20 years of selfless service as Barbara McCurtis, Depot Museum director, looks on. The Volunteer Recognition Ceremony recognized volunteers and their contributions they have made to the depot and its mission of recruiting and making Marines. Lance Cpl. Jose Nava/Chevron



Afternoon free swim helps service members stay fit

BY LANCE CPL. SHAWN DICKENS
Chevron staff

Marines are known throughout the military as fitness-minded individuals. Marines always strive to get one more sit up or squeeze out one more pull-up. However, there are many other ways to stay in shape that don't involve packing into a stuffy gym filled with other Marines all trying to use the same equipment.

One way to add variety to your workout routine is to visit the depot swim tank for the lap-swim time. The swim tank is open to service members, their families and civilians with a Department of Defense ID for lap-swim Monday through Friday from 11:30 a.m.- 12:30 p.m.

The swim tank measures 25 meters wide and 50 meters long. It varies in depth from four feet deep in the shallow end to 12 feet deep in the deep end. The swim tank is also heated to between 82 and 84 degrees Fahrenheit. During lap swim the pool is divided into four wide lanes.

There is Marine Combat Instructor Water Survival personnel on duty at all times who act as lifeguards during lap swim. The MCIWS personnel can assist patrons with any questions they might have during lap swim and will even offer pointers to those looking to better their swimming techniques.

"If someone needs help, we will be more than happy to assist as long as they give us a heads-up before hand," said Sgt. Graham Williams, a water survival instructor at the depot swim tank.

Conservative swimming attire or PT gear should be worn during lap swim, according to MCIWS personnel.

While swimming, the body is supported by the water and less stress is therefore placed on joints and bones. Swimming is frequently used as an exercise in rehabilitation after injuries or for those with disabilities.

"I like the pool because it is a good low impact, whole body workout," said Coast Guard Airman Brian Medina, Coast Guard Sector San Diego. "The pool offers a refreshing way to work out, especially

when it is hot outside,"

Swimming is primarily an aerobic exercise due to the long exercise time, requiring a constant oxygen supply to the muscles. As with most aerobic exercise swimming is believed to reduce the harmful effects of stress.

Swimming can improve posture and develop a strong lean physique, often called a "swimmer's build." Muscle development depends upon the stroke and distances trained, but avid swimmers typically have well-developed triceps, upper backs, deltoids and quadriceps.

Resistance swimming is one form of swimming exercise. It is done either for training purposes, to hold the swimmer in place for stroke analysis, or to enable swimming in a confined space for athletic or therapeutic reasons. Resistance swimming can be done either against a stream of moving water or by holding the swimmer stationary with elastic attachments.

For those individuals who may be lacking in the aquatic skills department, the shallow end may be used for swimming or water aerobics.

Unintentional animal abuse can be fixed with education

BY GUNNERY SGT. LAURA GAWECKI
Chevron Staff

When I was 13-years-old I almost killed my dog Mugsy. My loving and obedient 2-year-old pitbull/bull terrier mix ran beside me as I rode my bike in 80-degree heat for approximately 15 minutes before she collapsed. I had no idea that she would get overheated so quickly or that she needed water before we returned home. A woman approached us and offered to drive us home. After that, I was more attentive to the signs of heat injury in my pets.

The California Penal Code against animal cruelty states that every person who maliciously and intentionally maims, tortures, or wounds or kills a living animal is guilty of an offence punishable by imprisonment or by a fine of not more than \$20,000, or both.

The operative word in the code is "intentional."

Californians are for the most part very good to their dogs. There are kill-free dog and cat shelters, legislation for the welfare of animals, dog parks and dog-friendly beaches. But too often I see people unaware of the harm they are causing when walking their dogs on hot pavement or not carrying water for them at the beach or park. If the sidewalk is too hot for you to walk barefoot, then it's too hot for your dog's

feet. If you're thirsty, chances are your dog is thirsty, too.

The responsibility of an innocent animal's welfare lies with its owner. Animals can't tell you what they need; you must read the signs. The signs telling you what to do for your pet are clear if you know what to look for.

When Molly, the depot mascot, goes to weekly recruit graduation ceremonies, her handler brings her water bottle along. She walks in the grass or rides in a scooter until she must walk onto the hot parade deck. Like any good dog, she is here to please, and will do whatever is asked of her.

Dogs are more susceptible to heat stroke than humans. They don't sweat like people do. Instead, they cool their bodies by panting. Heat stroke happens when heat gain exceeds the body's ability to dissipate heat. A normal body temperature for a dog is about 101 to 102 degrees. If their temperature reaches 106, they are in danger of brain damage, organ failure or death, so reducing body temperature quickly is important.

Symptoms of heat stroke are rapid, frantic panting, wide eyes, thick saliva, bright red tongue, vomiting, staggering, diarrhea or coma.

Immediately try to cool down the dog and take him to the vet right away. Hose him off, use fans, sponge the groin and

abdomen area and wet his tongue.

For outside dogs, provide shade, ventilation, a wading pool and cool drinking water. Make sure water containers are large enough to supply water at all times and are secured so they can't be turned over. Ensure tied dogs can't wind their leashes around something, preventing access to water. Allow dogs who are unaccustomed to warm weather several days to acclimate. And never exercise your dog on hot days.

I recently had the chance to return the favor when someone helped me and Mugsy out so many years ago. A teenager was walking his pit bull on the sidewalk from his house to a gas station where I was having my truck's oil changed about 5 miles up the road. It was about 100 degrees outside and the dog was gingerly walking on the front of his feet, and panting for air. I gave him the rest of my water and asked the manager if the dog could enter the air conditioned shop. When my car was done, I asked the boy if he planned to walk his dog back and he said 'yes.' I convinced him that the dog was in no shape to walk back and he agreed to ride to his home with me.

I believe that he truly cared for his dog but didn't know just how overheated she was. Hopefully from now on he will recognize the signs and offer assistance if he sees someone else unintentionally abusing their dog.

BRIEFS

365 days of fitness

The MCRD Fitness Center began the 365 Days of Fitness program Jan. 1 and will continue through December to offer patrons incentives and prizes for attending "Hard Corps" physical training classes, running marathons and doing home workouts. The program is designed to keep individuals motivated to seek improvements in their health and physical fitness. Patrons are welcome to sign up anytime through the Marine Corps Community Services Web site at www.mccsmcrrd.com. For information, call Giovanna Thiesen at (619) 524-8465.

Brown bag lunch series

The depot's financial advisor, Mike McIsaac, invites depot personnel to attend his next Brown Bag Lunch Series of financial workshops July 23, 11:30 to 1 p.m. at the Marine and Family Services Classroom in Bldg. 14.

The July workshop is titled "How to get out of debt, manage credit and build wealth."

These seminars are open to the first 50 people who register after each month's seminar is announced in the Depot Daily News. Seminars are free and open to active, reserve, retired, civil service, Department of Defense, and contract personnel and their family members. A free light lunch with water or juice will be served buffet style, but attendees are welcome to bring their own lunch.

For information and to register, call (619) 524-1204.

Self-defense class for women

A self-defense class for women will be held July 26 from 9 a.m. to 12 p.m. in the Family Advocacy Program conference room, Bldg. 6E. The class will cover the myths and facts about sexual assault, personal safety, assertiveness techniques and personal defense. To register, call (619) 524-1200.

MCRD San Diego Soccer players needed

The MCRD San Diego Varsity Soccer team is currently looking for dedicated female and male players for the upcoming 32nd St. and Naval Base Coronado Summer-Fall seasons and the West Coast Regionals starting in the fall. For more information, call Staff Sgt. Enrique Mayorga at (619) 524-1951.

Wednesday night bingo

Wednesday night is bingo night at the depot recreation center. Bingo runs from 5 to 7 p.m. Join in for your chance to win great cash prizes and up to \$5,000 on "Progressive Special Games." Raffles will be held at the intermission. All proceeds from the night's events will go to benefit the child, youth and teen programs aboard the depot. For information, call Rachel Landolt at (619) 524-8914 or at landoltrr@usmc-mccs.org

MCRD Motorcycle Safety Fair

Depot Safety and the Command Museum will host a Motorcycle Safety Fair at the Boathouse recreation area, July 17 from 11 a.m. to 3 p.m. Register your motorcycle to win prizes. Free food and drinks will be available. For information, call (619) 524-8777.

Send briefs to: roger.edwards@usmc.mil.
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Chris Thomas holds the legs of his partner, John Black, in the wheel barrow race. This was part of the team events, where winners were judged by who were the fastest. Cpl. Amber Blanchard/Recruiting Station San Diego

3rd Battalion Change of Command



Lt. Col. Robert W. Jones, left, passed the duties and responsibilities of commanding officer of 3rd Recruit Training Battalion to Lt. Col. John S. Meade in a Change of Command Ceremony June 25 at Shepherd Memorial Drill Field. Jones has been assigned to attend school at the National War College in Quantico, Va. Lance Cpl. Jose Nava/Chevron

RS San Diego hosts Poolee Field Meet



Joseph Ramirez does another pull-up for his team. Teams of five had three minutes to complete as many pull-ups as possible and were judged on a combined score. Cpl. Amber Blanchard/Recruiting Station San Diego

BY CPL. AMBER BLANCHARD
Recruiting Station San Diego

More than 390 Recruiting Station San Diego future recruits and guests gathered at Marine Corps Base Camp Pendleton's Paige Field to compete in the San Diego Poolee Field Meet, May 17.

The day-long competition was coordinated as a way to prepare poolees – individuals going into the Corps who first enlist into the Delayed Entry Program

– for the rigors of recruit training. “The purpose is to make sure our summer pool was motivated and also to ensure they were ready for recruit training,” said Maj. Kate Germano, commanding officer, Recruiting Station San Diego. Poolees were allowed to invite friends who were interested in learning more about the Marine Corps, Germano added. The day began with attendees meeting ten drill instructors from Marine Corps Recruit Depot San Diego. For most poolees, this is the first time meeting the infamous makers of Marines.

“It gets you ready for boot camp, and it’s a chance to see what it’s like in the Marine Corps,” said 18-year-old Spencer Earwood, a poolee from RS Clairemont who leaves for recruit training August 11.

The day began with opening remarks from Germano. She explained that bringing poolees together in one place will help them as they meet others who will also be leaving for recruit training.

“Our poolees got to meet others who are going through the same thing they’re going through,” said Staff Sgt. Shanna Hanoumis, canvassing recruiter at Recruiting Substation Riverside, Calif. “They won’t feel like they’re going through boot camp alone.”

Individual events featured pull-ups, push-ups and crunches. All events had a three-minute time limit for teams to complete as many repetitions as possible. RSS Chula Vista, Calif., took first place in pull-up and crunch competition, completing 168 pull-ups and 583 crunches. RSS West Las Vegas, Nev., took first place in push-ups with 331. Individuals not participating in all events were alongside their teammates, motivating them through the events.

“These events are meant to build camaraderie and instill esprit de corps in our poolees,” said Sgt. Maj. John Hawes, command sergeant major, RS San Diego. “The participation was good and the motivation was very high.”

Between events, poolees observed vehicle static displays from 1st Marine Expeditionary Force, which included a Logistics Vehicle System, Medium Tactical Vehicle Replacement and a High

Mobility Multipurpose Wheeled Vehicle. Vehicle operators were there to answer questions about their vehicles as well as provide insight on life in the Marine Corps.

“It was an excellent opportunity for poolees and their guests to see different things and events the Marine Corps has to offer,” said Gunnery Sgt. Andrew Sharp, Staff noncommissioned officer-in-charge from RSS Clairemont. “It showed them they can do more than just sit around and watch TV on a Saturday; they can be a part of a team and accomplish something.”

Moving to the team challenges, participants picked up a pair of legs and helped their partner totter down the field on their hands for the wheel barrow race. Next, participants picked up their partners up onto their shoulders for the fireman’s carry. In the last event, attendees stretched their legs on the track for the relay race. RSS Oceanside, Calif., took first place in both the wheel barrow race and the fireman’s carry while RSS West Las Vegas, and RSS Riverside, tied for first in the relay race.

After all the poolee events were completed, it was the recruiter’s turn to compete. The top four teams competed in a tug-of-war for the top three spots. RSS West Las Vegas defeated RSS Oceanside for first place. RSS Riverside beat RSS Chula Vista for third place.

“It was great and we had a lot of fun,” said Germano. “We got a lot of good feedback from our attendees. Everyone worked hard to put together a great event.”



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Preparing for the

Company F recruits train for the Crucible



Company F recruits march on the flat surfaces of the depot. During their first two hikes at Edson Range, Marine Corps Base Camp Pendleton, Calif., the recruits marched longer distances on hilly terrain. *Cpl. Robert W. Beaver/Chevron*

BY CPL. ROBERT W. BEAVER
Chevron staff

While depot personnel slept in a few hours extra on the weekend to recover from the busy work week, Company F recruits were geared up and ready to train.

Wearing 30-pound packs and armed with their M16A2 service rifles, Co. F recruits pounded almost six miles of cement around the historical grounds of the depot during a sustainment hike June 21.

Undoubtedly, this hike has been the easiest so far in boot camp. The depot hike, which was their third hike during training, took Co. F recruits on a journey across flat terrain while equipped with light gear.

The first two hikes were held at Edson Range, Marine Corps Base Camp Pendleton, Calif., on more challenging terrain. Since then, Co. F recruits finished field training and returned to the depot to begin the final phase of recruit training.

However, they needed to stay in shape for one of their final challenges.

According to 1st Sgt. John Calhoon, company first sergeant, Co. F, the purpose of the sustainment hike was to help the recruits maintain physical conditioning for the upcoming Crucible at Edson Range.

"The hike was also easy compared to

(Edson Range) because our packs were lighter," said Recruit Jason Hile, Platoon 2129. "Seeing civilian life for the first time in two-and-a-half months was also motivating."

During the Crucible, Co. F recruits will march nearly 40 miles across hilly mountainous terrain within a 54-hour training period. Upon finishing the final hike on the Reaper, the final and steepest hill of the Crucible, Co. F recruits received their eagle, globe and anchor, and the title, United States Marine.

"Sustainment is important for anything recruits do," said Calhoon. "It keeps their bodies prepared for challenges ahead, like our final hike."

Company F recruits geared up near their squad bays and began their journey shortly after sunrise. They marched to the depot physical training field in a two-column formation that spanned six platoons.

"Hikes are mostly mental, but they do prepare our endurance," said Recruit Connor Modiena, Platoon 2129. "Although this wasn't my first hike, it was the first time I saw some parts of the depot."

The recruits walked along the depot's northern fence line to the commanding general's home, Quarters One. The formation then looped past the Arcade (the Spanish Colonial arches along Shepherd Memorial Drill Field), to McDougal Hall. While the recruits hiked, they recited the Marine Corps knowledge they

are required to memorize to graduate.

After Co. F recruits graduate from boot camp today, they will go on longer hikes during their Marine Corps careers. Sustainment training in boot camp builds off basic skills and hones them, making Co. F Marines more capable of challenges that lay ahead.



Recruit Scott R. Morrison, Platoon 2129, recites Marine Corps knowledge to prepare for an academic test t



Recruit Zackary L. Polak, Platoon 2125, leads Company F recruits during the 5.7-mile sustainment hike around the depot June 21, in preparation for the Crucible. *Cpl. Robert W. Beaver/Chevron*



Recruit Bradley S. Davis, Platoon 2129, drinks water during the hike. *Cpl. Robert W. Beaver/Chevron*

The road ahead

Crucible with depot sustainment hike



Marine Corps knowledge he learned in boot camp. During the hike, Company F recruits verbally review they must pass in boot camp. *Cpl. Robert W. Beaver/Chevron*



Recruit Nicholas Wyma, Platoon 2135, gears up for the hike. Company F recruits traveled with packs lighter than normal to prevent injury so they will be fit for the Crucible. *Cpl. Robert W. Beaver/Chevron*



Recruit Nicholas Wyma, Platoon 2129, Company F, takes a drink from his canteen during one of the breaks on the depot hike. *Cpl. Robert W. Beaver/Chevron*



Company F recruits march on the bridge over Gate 4. The hike started near the Co. F squad bays, then continued to the physical training field before looping around the north side of the depot. *Cpl. Robert W. Beaver/Chevron*

Iraqi recruit joins fight against terrorism



Recruit Amed Kanan, Platoon 2130, Company F, receives his phase-three haircut before departing to Marine Corps Base Camp Pendleton Calif., for the Crucible. Kanan escaped the war-torn country of Iraq when he was 10-years-old. Lance Cpl. Shawn Dickens/ Chevron

BY LANCE CPL. SHAWN DICKENS
Chevron Staff

As a child, Amed Kanan dreamed of serving in the Marine Corps. He wished to join the ranks of the uniformed men he saw doing good things in his community. When he told his friends about his dream of becoming a Marine, he was ridiculed, called a traitor, and told to do so would betray his country. How could serving in the Marines betray his country? The reason is because

Amed Kanan grew up in Iraq. Kanan moved to America with his family when he was 10-years-old. Although his family now lives in Coon Rapids, Minn., Kanan remembers what it was like to grow up in Iraq. "I lived in a mud house and slept on the ground," said Kanan. "We had no electricity, and if we were lucky enough to have electricity, it was only on for about four hours a day, if that." Kanan compared what it was like to grow up in both Iraq and Amer-

ica. Kanan explained that in Iraq, boys and girls are segregated; they go to different schools. "The things you learn in school are different as well," said Kanan. "Here you learn about world history and other cultures; in Iraq you only learn Iraqi history, and you get your bachelors degree in high school. Unlike here, in America you go to college to get it." Teens do not date in Iraq like they do here in America, said Kanan. "By the age 15 or 16, young men are expected to get married and start their own families," he continued. Kanan also mentioned that life is a lot more dangerous in Iraq. He would hear gunfights outside and see dead bodies just lying on the street. Despite all that Kanan has seen and experienced in his young life, nothing could prepare him for the experience that he would receive at recruit training. "Kanan thought that he made the wrong choice," said Staff Sgt. Nicholas Romer, senior drill instructor, Platoon 2130. "He had self-esteem issues and was shy; I didn't think he was going to make it." However, now that training is over, the drill instructors notice a difference in Kanan. According to Romer, Kanan seems to be much more confident with himself. Even Kanan notices the changes that the Marine Corps has made in him. "I had low self-esteem and didn't really like taking orders, but now I stand taller as a man, and I am respectful to others," said Kanan. "It is all because of the drill instructors. If it was not for them pushing me passed my limits, I would not be where I am now. They helped me prove to myself I could do it." "The Marines gave me a chance to do something with my life," said Kanan. "I look back and can tell I have changed, not just personality-wise, but physically as well. I've lost 40 pounds since I got here." Kanan's platoon mates have also noticed his transformation into a

Marine. "Kanan has lost a lot of weight," said Recruit Andrew Parks, fellow platoon mate, and friend. "He didn't really talk much at first, but after a while he started telling me stories about growing up in Iraq." During their time in recruit training, Parks learned a lot about his friend Kanan, who always went out of his way to help others. "He helped me out a lot with everything," said Recruit Jose Coronado. "Actually he helps everyone; he is just a good person to be around." Helping others is the main reason Kanan joined the Marine Corps. "I joined so I could make a difference and so I could help my country—my countries actually," said Kanan. "The Marines have given me that chance. I wanted to accomplish something. I wanted to make a difference." Kanan plans on using his language skills to help both of his countries and become a translator. "America has given me a lot since my family and I moved here. Joining the Marines is just one of the ways I can give back," Kanan concluded.



Recruit Amed Kanan runs to get in line before beginning his first rappelling exercise on the depot's 60-foot rappel tower, June 27. Lance Cpl. Shawn Dickens/ Chevron

Lieutenant Col. Scott L. McLennan

PARADE REVIEWING OFFICER

Lieutenant Col. Scott McLennan was born in Tucson, Arizona. He was commissioned a second lieutenant in the Marine Corps in May 1987, having completed his undergraduate education in electrical engineering at the University of Arizona. Following the Basic School, McLennan was assigned to Armor Officer Basic Course, Fort Knox, Ky. for a period of three months. Upon completion of Armor School in November 1988, he reported to 3rd Tank Battalion, 7th Marine Expeditionary Brigade, Twentynine Palms, Calif. During his tour with 3rd Tank Battalion, McLennan served as an M60A1 Tank platoon commander and executive officer in Company B. It was as the executive officer that

he was deployed to Saudi Arabia for Operations Desert Shield and Desert Storm. In February 1991, as part of Task Force Ripper, he participated in combat operations to liberate the country of Kuwait. In July 1991, McLennan assumed command of Marine Detachment, USS Nimitz. After completing his second Western Pacific Deployment, he was transferred in August 1993 to 7th Marines (Reinforced) where he served initially as the assistant operations officer and later as the regimental operations officer. Transferred to 1st Tank Battalion in November 1994, McLennan served as Headquarters and Service company commander and Company D commander. In July 1996, McLennan reported to Command and Control System Course in Quantico, Va. In May 1997, McLennan was reassigned to I Marine Expeditionary Force, where he served in current opera-

tions as the information management officer and Command Center officer-in-charge. During that tour, he supported several contingencies, including Operation Desert Fox in Kuwait. In June 2000, McLennan was reassigned to the Naval War College. There he attended the Naval Command and Staff Course graduating with Highest Distinction and was awarded a Master of Science degree in National Security Studies. In July 2001, McLennan joined Officer Assignments, Manpower & Reserve Affairs, Headquarters Marine Corps, where he served as the head of Officer Counseling and Evaluation until summer 2004. From July 2004 to December 2006, he served as the executive officer, Headquarters and Service Battalion, Marine Corps Recruit Depot San Diego. He is currently the executive officer, Recruit Training Regiment, MCRD San Diego. McLennan's awards include the

Meritorious Service Medal (second award), the Navy and Marine Corps Commendation Medal (third award) with combat "V", the Navy and Marine Corps Achievement Medal, and the Combat Action Ribbon.





Platoon 2129
COMPANY HONOR MAN
Lance Cpl. Z. L. Polak
Wyandotte, Mich.
Recruited by
Sgt. M. P. Crunkhite



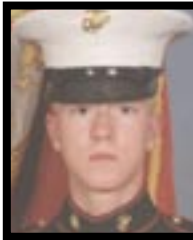
Platoon 2133
SERIES HONOR MAN
Pfc. J. W. Carr
Salem, Ore.
Recruited by
Sgt. G. D. Casillas



Platoon 2130
PLATOON HONOR MAN
Pfc. J. L. Cisneros
Spokane, Wash.
Recruited by
Staff Sgt. B. C. Pearson



Platoon 2134
PLATOON HONOR MAN
Pfc. R. P. Navarro
San Bernardino, Calif.
Recruited by
Staff Sgt. H. Andre



Platoon 2135
PLATOON HONOR MAN
Pfc. B. K. Woitte
Salem, Ore.
Recruited by
Sgt. G. D. Casillas



Platoon 2130
HIGH SHOOTER (329)
Pfc. J. D. Martinez
Caro, Mich.
Marksmanship Instructor
Staff Sgt. R. H. Sloan



Platoon 2129
HIGH PFT (300)
Pfc. E. J. Pelfresne
Tucson, Ariz.
Recruited by
Sgt. J. W. Breed

FOX COMPANY



Company F recruits watch as the other members of the company’s platoons descend the depot’s 60-foot rappel tower during their wall rappeling exercise, June 27.

Lance Cpl. Shawn Dickens/Chevron

2ND RECRUIT TRAINING BATTALION

Commanding Officer
Lt. Col. R. R. Scott
Chaplain
Lt. W. N. Tomasek
Sergeant Major
Sgt. Maj. M. J. O’Loughlin
Battalion Drill Master
Staff Sgt. C. A. Mejia

COMPANY F
Commanding Officer
Capt. B. D. Braden
Company First Sergeant
1st Sgt. J. R. Calhoon

SERIES 2129
Series Commander
1st Lt. A. G. Utuk
Chief Drill Instructor
Gunnery Sgt. E. L. Reid

PLATOON 2129
Senior Drill Instructor
Staff Sgt. W. A. Winfrey
Drill Instructors
Staff Sgt. A. L. Cardoza
Staff Sgt. J. C. Hernandez
Sgt. D. C. Robinson

Pvt. A. L. Aguilar
Pfc. D. A. Arana
*Pfc. E. Babic
Pvt. R. E. Beattie
Pvt. P. D. Bennett III
Pvt. J. H. Birchfield
Pvt. J. R. Bishop
*Pfc. A. L. Brady
Pvt. D. E. Branham
Pvt. M. D. Brown-Bonner
*Pfc. C. J. Burgess II
Pvt. J. A. Clinton
Pvt. T. J. Cole
Pvt. J. K. Cormack
Pvt. N. C. Cosen
Pvt. R. D. Cuerto
Pvt. C. C. Davenport
*Pfc. B. S. Davis
Pvt. R. R. Davis
Pvt. S. J. Davis
Pvt. C. R. Dorsey
Pvt. K. T. Eby
Pvt. K. D. Elliott
Pvt. A. L. Farrell
Pvt. D. Garnica
Pvt. M. J. Gilmer
Pvt. D. E. Green
Pvt. R. J. Gregory
Pvt. M. J. Hathaway
Pfc. D. J. Hansen
Pfc. D. R. Hanson
Pvt. C. E. Hendrickson
Pvt. L. K. Hicks

Pvt. J. M. Hile
Pvt. J. M. Hunsader
Pvt. C. D. Jackson
Pfc. N. W. Jeffries
Pvt. K. S. Johnson
Pvt. D. S. Knisely
Pfc. A. L. Laluz
Pvt. J. M. Lappin IV
Pfc. J. A. Larsen
Pvt. L. P. Lane
*Pfc. R. Leon
Pvt. A. J. Lindquist
Pvt. K. K. Lobermeier
Pvt. B. J. Makowski
Pvt. T. R. Malais
Pfc. N. M. Matthai
Pvt. S. M. McAnelly
Pfc. R. D. Metz
Pvt. C. T. Milton
Pvt. C. N. Modena
Pvt. R. K. Moore
Pvt. S. R. Morrison
Pvt. T. V. Nikitin
Pfc. J. J. Noland
Pfc. F. R. Obregon
Pfc. E. J. Pelfresne
Pvt. B. L. Peterson
Pvt. P. R. Petsinger
Pvt. S. J. Phenicie
*Lance Cpl. Z. L. Polak
Pfc. A. P. Pond
Pvt. C. B. Price
Pvt. M. C. Puffer
Pfc. S. Rattanababpha
Pfc. L. Reyes III
Pvt. K. J. Ritter
Pvt. J. T. Smith
Pvt. D. Spence Jr.
Pfc. R. P. Spurgeon
Pvt. M. A. Weig

PLATOON 2130
Senior Drill Instructor
Staff Sgt. N. M. Romer
Drill Instructors
Sgt. A. A. Cabrera
Sgt. D. R. Conn
Sgt. C. B. Stricker

Pvt. D. B. Alber
Pvt. B. C. Allen
Pvt. L. D. Arens
*Pfc. T. L. Bagby
Pvt. J. C. Banks
Pvt. E. Banuelos
Pfc. C. Barrera
Pvt. T. E. Beene
Pfc. D. R. Bemenderfer
Pvt. T. C. Brant
Pvt. D. V. Carroll
Pvt. A. Chavez
Pvt. R. Chiu
*Pfc. J. L. Cisneros
Pfc. C. O. Clary

Pvt. P. D. Clements
Pvt. C. G. Cooper
Pvt. J. A. Coronado Jr.
Pvt. S. M. Coville
Pvt. R. D. Cuny
Pvt. J. P. Davis
Pvt. D. J. Dice
Pfc. R. R. Dumont
Pvt. J. W. Dunbar
Pvt. R. J. Dykhhouse
Pvt. J. R. Edwards
Pvt. G. N. Ford II
Pvt. M. J. Forehand
Pvt. E. T. Glenn
Pvt. F. D. Gonzalez
Pvt. G. D. Green
Pvt. J. R. Gunter
*Pfc. J. L. Hanush
Pvt. C. R. Henderson
Pvt. A. D. Henry
Pvt. J. R. Hernandez
Pvt. S. R. Hernandez
Pvt. R. A. Heron
Pvt. M. E. Herrin II
Pvt. J. K. Hobbs
Pvt. W. C. Hoffer
Pvt. J. A. Holcomb
Pvt. J. F. Howard
Pvt. T. P. Hummel
Pvt. D. A. Jankowski
Pfc. E. T. Jefferson
Pvt. J. A. Jimenez
Pvt. J. L. Johnson
Pvt. A. Kanan
Pvt. R. S. Karpeh
Pfc. C. M. Kelllogg
Pvt. J. C. Kirby
Pvt. M. M. Klamrzynski
Pvt. B. D. Koos
Pvt. M. B. Lawrence
Pvt. A. M. Lettieri
Pvt. J. S. Lobdell
Pvt. P. V. Long
*Pfc. C. A. Lopez Jr.
Pvt. C. M. Martinez
*Pfc. J. D. Martinez
Pvt. M. Z. Marvive
Pvt. R. K. Mason
Pvt. J. W. Michael
Pfc. R. Midori
Pvt. D. L. Miller
Pvt. C. E. Mixon
Pvt. T. C. Niehaus
Pvt. J. Olmedo Jr.
*Pfc. J. R. Onan
Pfc. S. J. Paim
Pvt. A. S. Parks
Pvt. M. D. Spivey

SERIES 2133
Series Commander
Capt. S. P. Chambers
Chief Drill Instructor
Staff Sgt. R. Armendariz

Platoon 2133
Senior Drill Instructor
Staff Sgt. C. C. Moore
Drill Instructors
Sgt. D. L. Brewer
Sgt. D. S. Garza
Sgt. R. N. McCary

Pfc. W. D. Allen
Pfc. H. J. Alojado
*Pfc. J. A. Austin
Pvt. K. L. Bardell
Pvt. P. G. Blancorosas
Pvt. T. S. Brown
Pvt. D. J. Cabrera
Pvt. R. Camarena
Pvt. E. Cardenas
*Pfc. J. W. Carr
Pvt. M. J. Casillas
Pvt. A. Cervantes Jr.
Pvt. M. E. Chajon-Vasquez
Pvt. E. N. Choi
Pvt. C. F. Coleman
Pvt. J. Contreras Jr.
Pvt. L. T. Covarrubias
Pvt. J. P. Craig
Pvt. J. D. Crain
Pvt. T. J. Cushing
Pfc. P. N. Dalpe
Pvt. P. E. De Graffenried
Pvt. R. Delatorre
Pfc. T. D. Dinh
Pvt. B. C. Donahue
Pvt. G. A. Dondanville
Pvt. D. J. Down
Pvt. J. A. Dunkel
Pvt. J. M. Espino
Pfc. M. R. Espinoza
Pfc. S. J. Fast
*Pfc. G. J. Ferrer
Pfc. A. J. Flener
*Pfc. F. Garcia Jr.
Pvt. M. A. Garcia
Pvt. F. Gonzalez
Pvt. C. W. Grady Jr.
Pvt. T. L. Gray
Pvt. S. Guerrero
Pvt. O. M. Guevara
Pvt. G. Gutierrez Jr.
Pvt. V. J. Gutierrez
Pvt. C. W. Hamrick
Pvt. D. P. Hente
Pvt. M. A. Hernandez
Pvt. E. Herrera
Pvt. D. W. Hughes Jr.
Pvt. B. B. Kane
Pvt. D. L. Lefler
*Pfc. B. C. Lopez
Pvt. M. P. Lopez
Pvt. C. A. MacDonald
Pvt. J. L. Martin
*Pfc. H. J. Martinez
Pvt. M. A. Martinez
Pvt. J. D. McClung

Pvt. D. M. McGraw
Pvt. J. D. McKay
Pvt. N. P. McMurray
Pfc. T. P. Mejia
Pvt. B. S. Mendez
Pvt. M. C. Micale
Pvt. B. T. Milke
Pvt. M. A. Ortega
Pvt. J. A. Romo Jr.
Pvt. M. C. Sablan
Pvt. N. B. Sablan
Pvt. K. J. Sharp
Pvt. M. W. Sharp
Pvt. P. D. Treacle

Platoon 2134
Senior Drill Instructor
Gunnery Sgt. D. E. Chambers
Drill Instructors
Gunnery Sgt. E. Hernandez
Gunnery Sgt. J. D. Johnson
Sgt. A. L. Linares

*Pfc. J. J. Arnhalt
Pvt. B. M. Ashworth
Pfc. A. H. Banister
Pfc. P. E. Banks
Pvt. J. L. Bartony
*Pfc. A. L. Beltz
Pvt. S. K. Bergin
Pvt. B. R. Botting
Pvt. P. J. Brown
*Pfc. J. J. Chavez
Pfc. B. G. Clements
Pvt. M. J. Comeau
Pfc. R. Contreras
Pvt. T. L. Dancer
Pfc. C. T. Daugherty
Pvt. N. S. Davis
Pvt. Q. R. Douglas-Greene
Pvt. J. N. Earhart II
Pvt. R. J. Ethridge
Pvt. N. A. Felder
Pvt. J. D. Fesler
Pvt. J. R. Fregia
Pvt. J. A. Garcia
Pvt. K. S. Garrison
Pvt. E. Gutierrez
Pvt. S. A. Heim
Pvt. C. A. Hendricks
Pfc. B. S. Henning
*Pfc. N. J. Householder
Pfc. J. M. Jackson
Pvt. T. L. James
Pvt. J. M. Johns
Pfc. J. R. Johnson Jr.
Pvt. N. S. Kennedy
Pvt. D. R. Kinsman
Pvt. R. T. Kirkpatrick
Pvt. S. N. Lessig
Pvt. T. L. Logsdon
*Pfc. P. J. Maheux
Pvt. P. M. Martinez
Pvt. A. D. Montelongo

Pvt. T. P. Moreland
Pvt. J. L. Moreno-Rojas
Pvt. R. J. Morgan
Pvt. J. A. Mueller
Pvt. J. D. Mulligan
Pfc. R. P. Navarro
Pvt. J. R. Nieuwenhuis
Pvt. A. Olivarez Jr.
Pvt. M. A. Olson
Pvt. F. A. Pech
Pvt. F. Perez
Pvt. K. D. Perez
Pvt. T. M. Perry
Pfc. G. B. Poisson
Pvt. D. A. Rodriguez
Pvt. A. J. Slone
Pvt. T. W. Stafford
Pvt. T. S. Starnes
Pvt. C. R. Steele
Pvt. J. G. Steffeck
Pvt. J. A. Stevens
Pvt. J. C. Swindell
Pvt. W. E. Thomas
Pvt. D. A. Tinetti
Pvt. D. D. Turner
*Pfc. J. R. Veralopez
Pvt. Z. D. Verges
Pvt. N. D. Wallace
Pfc. M. A. Weber-Mixon
Pfc. D. B. Wolff
Pvt. S. A. Young

Platoon 2135
Senior Drill Instructor
Staff Sgt. J. A. Dow
Drill Instructors
Staff Sgt. J. H. Dudley
Staff Sgt. A. J. Sanders
Sgt. C. J. Johnson

Pvt. M. E. Aquino
Pvt. T. D. Dermody
Pvt. M. Gonzales
Pvt. T. J. Hansen
Pvt. J. E. Henderson
Pvt. T. W. Johnson
Pvt. S. K. Ledner
*Pfc. N. D. Orris
Pvt. P. Pacheco
Pfc. M. A. Patterson
Pvt. J. A. Peckham
Pvt. I. S. Pheifer
Pfc. R. J. Pizano
*Pfc. J. D. Ponce
Pfc. E. E. Rathjen
Pfc. B. G. Reed
Pvt. A. R. Reis Jr.
Pvt. M. A. Reyna
Pvt. J. Riedel
Pvt. G. Rivera Jr.
Pvt. Z. C. Robertson
Pvt. J. Rodriguez Jr.
Pvt. V. M. Rodriguez
*Pfc. A. D. Rouse

Pvt. C. A. Roy
Pvt. L. G. Ruiz
Pvt. R. A. Rupert II
Pvt. P. A. Russell Jr.
Pvt. J. C. Saavedra
Pvt. N. G. Salgado-Himenez
Pfc. S. E. Sanders Jr.
Pvt. A. Saucedo
Pvt. N. R. Savage
Pvt. M. Sawhiri
*Pfc. B. K. Scarborough
Pvt. J. E. Schank
Pvt. R. J. Schuenke
Pfc. R. L. Sevensing
Pfc. W. L. Sherwood
Pvt. C. J. Shover
Pvt. A. R. Simmons
Pvt. J. T. Story
Pvt. J. F. Stroud
Pvt. C. N. Stuenpert
Pvt. C. R. Stutz
Pvt. F. M. Suarez
Pvt. C. M. Taylor
Pvt. A. R. Timm
Pvt. C. A. Vanderploeg
Pfc. R. A. Velazquez Jr.
Pvt. J. W. Vidal-Sanchez
Pvt. C. M. Villar-Real
Pfc. T. R. Vliet
Pvt. C. M. VonGillern
Pfc. C. E. Welchoff
Pfc. G. T. Willis
Pfc. B. K. Woitte
Pvt. J. B. Womack
Pvt. J. D. Wood
Pvt. D. C. Woods
Pvt. J. F. Woods
Pfc. J. D. Woodward
*Pfc. N. A. Wyma
Pvt. B. O. York
Pvt. M. J. Yurasek

*Denotes meritorious promotion



Runners pour out of the corral during the beginning of the depot's Rock 'n' Roll Freedom Run July 2, at the Boathouse and Marina. More than 800 people participated in the annual 3-mile race around the historic grounds of the depot.
Lance Cpl. Shawn Dickens/Chevron

Running for Freedom

BY LANCE CPL. JOSE NAVA
Chevron Staff

With the July heat beaming down on more than 800 Marines, active and retired service members and civilians, the Rock 'n' Roll Freedom Run kicked off aboard the depot July starting off the holiday weekend.

The race, headed by Marine Corps Community Services San Diego, was a three-mile run around the depot that started and finished at the Boathouse.

"It was a great way to start to the holiday weekend because it provided a moral boost and allowed families to come out and enjoy the depot," said Kelly Sitar, deputy director of Semper Fit.

The winners ranged widely in age. Patrick Palmiter, 20, took first place with a time of 16 minutes, 14 seconds. Tom Bach, 36, came in a close second with a time of 16:19. Kyle Gilder, 36, Coast Guardsman, finished the race third with a time of 16:38.

Last year, Gilder ran in the same age bracket and came in third place.

The fastest female of the day was Marcella Teran, 53, who finished with a time 18:50. Jodie Valles, 30, took second with 19:01, while Jenny Starr, 24, came in third with a time of 20:33.

The age groups for the race were split up into five-year categories from two-years-old and under, to 70-years-old and older.

There was a excitement in the air because everyone was happy because the Independence Day holiday was starting, said Lance Cpl. Anthony Rodriguez, combat readiness training instructor, Service Company.

Points were awarded to each competing unit

and went toward the annual Commanding General's Cup tournament. For races in the CG's Cup, units receive 10 entry points if 75 percent of the unit participates; eight entry points if 50 percent of the unit participates; six entry points if 25 percent of the unit participates; and one entry point if at least one person from the unit participates.

The CG's Cup affords service members an opportunity to come together and compete in sporting events throughout the year to earn points for their unit. The winner of the CG's Cup at the year's final event, the field meet, Dec. 5, is decided by the points that each unit earns.

The standings for the CG's Cup, after the race points were tallied, placing Headquarters and Service Battalion first with 259 points. Recruit Training Regiment in second place with 214 points, Coast Guard in third with 153 points, 12th Marine Corps District in forth place with 124 points, and Medical and Dental placed fifth with 37 points.

"The run is not just a CG's Cup event, but it's also for the families to spend time together and start the holiday off well," said Sitar.

After the race was over, the runners enjoyed free food, drinks and entertainment. An Uncle Sam stilt-walker provided balloons to participants while prizes were being raffled to the runners.

Some of the prizes that were raffled included theme park tickets, electronic items, and spa and gym packages.

"It was really fun and running is never fun," said Candice Merlin, clerk, YMCA. "We are definitely signing up for next year's run."

The next MCCA run is the Turkey Trot, Nov. 2, which is open to active, reserve and retired service members and their guests.



A participant scans for his name and finishing time during the post race celebration. *Lance Cpl. Jose Nava/Chevron*



Five-year-old Timmy Gallagher leads his seven-year-old friend, Mekenzie Pruitt, and his father, Staff Sgt. Tim Gallagher, drill instructor, Support Battalion, along the depot's southern fence line near the end of the race.
Lance Cpl. Shawn Dickens/Chevron



Marines with Headquarters and Service Battalion perform the hamstring string stretch before the race. Headquarters and Service Battalion used the Freedom Run for unit physical training. *Lance Cpl. Shawn Dickens/Chevron*